

	Per 100g	Per 55g Serving	%RI*
Energy	1576kJ 373 kcal	867kJ 205 kcal	10
Fat	8.1g	3.3g	5
of which saturates	1g	0.5g	3
Carbohydrate	34g	19g	7
of which sugars	5.8g	3.2g	4
Fibre	1.1g	0.6g	
Protein	45g	25g	50
Salt	1.9g	1g	17
Vitamins & Minerals			
Vitamin A	481ug	265ug	33
Vitamin D	3.2mg	1.8mg	36
Vitamin E	10ug	5.5ug	46
Vitamin K	41mg	23mg	30
Vitamin C	69mg	38mg	47
Thiamin	0.67mg	0.37mg	34
Riboflavin	1mg	0.55mg	39
Niacin	8.7mg	4.8mg	30
Vitamin B6	0.88mg	0.48mg	34
Folic Acid	140ug	77ug	39
Vitamin B12	1.72ug	1.ug	38
Biotin	30ug	16ug	33
Pantothenic acid	3.4mg	1.9mg	32
Potassium	928mg	510mg	26
Chloride	573mg	315mg	39
Calcium	979mg	538mg	67
Phosphorous	756mg	416mg	45
Magnesium	251mg	138mg	37
Iron	13mg	7.1mg	51
Zinc	7.1mg	3.9mg	39
Copper	0.82mg	0.45mg	45
Manganese	2.0mg	1.1mg	56
Selenium	34ug	19ug	34
Iodine	91ug	50ug	33
Other			
Conjugated Linoleic Acid (CLA)	2700mg	1485mg	